

THE Big 3

EPISODE: 119

TITLE: Why You Need a Break: The Modern Day Sabbath

Your times of sabbath should be fun, restorative and a “reset” button for your heart and life. If it’s been a while, or you’ve lost the rhythm of rest/work from God’s perspective, you can begin again.

Here are three key things to remember about taking a sabbath:

Head...heart...hands...

1. **Know that you were created to work *from* rest-not rest from work.** The reason we so often live freaked out, frazzled lives is because we were not designed to sustain the pressures of non-stop work with our resting our bodies, minds and souls.
2. **Believe that Christ has done all of the most important work on your behalf already.** You do not have to work to be your own provision, to gain acceptance or to have value in His eyes or in this life.
3. **Begin to set aside a time each week** to “do no work” that is part of your normal job. Start with a few hours on your day off. Spend time having fun, doing restorative activities. Vegging out in front of the TV or binge watching a Seinfeld marathon is not a good sabbath rest. Be sure to intentionally spend some time with God alone each week.

He’s really waiting to be with you!

By developing the rhythm of rest...work...rest...work you will also be modeling the trust you have in God. First to your family, and also to those watching you and wondering what this “Jesus life” is all about.

Thanks for listening...we’ll see you in the next episode!

Caesar & Heath

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